

DES MOINES

Winter 2024

CITY CURRENTS

Housing Repair Assistance

SEE PAGE 10

Recreation Classes & Programs

SEE PAGE 14

DMAC Activities

SEE PAGE 22



PRSR1 STD
US Postage Paid
Seattle, WA
Permit No. 1123
ECRWSS
Postal Customer



DES MOINES Medicare Store



Navigating the complexities of Medicare can be overwhelming. We are a local, family-owned and operated Medicare agency that is dedicated to finding caring and personal solutions for you.

Meet with us online, over the phone, or in person at our storefront in Des Moines, WA. We're here to walk you through the process and simplify the information down to exactly what you need to know, all at no cost to you!

welcome to your
**LOCAL
PERSONAL
UNBIASED
NO COST**
medicare store



**Work With
A Local Agent**



**Review Your
Prescriptions**



**Choose Your
Doctor**



**Compare
Costs**

(206) 209-2282
Office@DMMLocal.com

22307 Marine View Dr S
Des Moines, WA

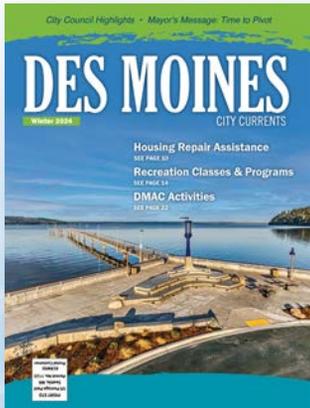


www.DMMLocal.com

Winter 2024 *What's Inside*

.....

From the Mayor	4
Council Highlights	8
Housing Repair Assistance	10
Comprehensive Plan Update Survey	12
Recreation Classes & Programs	14
Programs, Activities and Services at The Des Moines Activity Center	22



*Cover photo by David Rosen/
SlickPix Photography*



DES MOINES DIRECTORY

City Hall

21630 11th Avenue S
(206) 878-4595

City Hall Open

Monday–Friday
9:00am–4:00pm

www.desmoineswa.gov



City Council

Matt Mahoney, Mayor	MMahoney@desmoineswa.gov
Traci Buxton, Deputy Mayor	TBuxton@desmoineswa.gov
Gene Achziger	GAchziger@desmoineswa.gov
JC Harris	JCHarris@desmoineswa.gov
Jeremy Nutting	JNutting@desmoineswa.gov
Vic Pennington	VPennington@desmoineswa.gov
Harry Steinmetz	HSteinmetz@desmoineswa.gov

City Offices

City Attorney	(206) 870-6519
City Clerk	(206) 870-6552
City Manager	(206) 870-6519
Community Development	(206) 870-7576
Engineering	(206) 870-6525
Facilities Rentals	(206) 870-9370
Finance Director	(206) 870-6510
Marina	(206) 824-5700
Municipal Court	(206) 878-4597
Parks Administration	(206) 870-6527
Police Department	(206) 878-3301
Public Works/Park Maintenance	(206) 870-6559
Recreation	(206) 870-6527
Senior Services	(206) 878-1642

Other Numbers

Emergency	911
Animal Control	(206) 878-3301
Field House	(206) 870-6527
Fire (non-emergency)	(253) 839-6234
Library, Des Moines	(206) 824-6066
Library, Woodmont	(253) 839-0121
Police Dispatch (non-emergency)	(206) 878-2121

Utilities and Services

Century Link	(800) 573-1311
Recology King County	(206) 762-4900
Comcast	(877) 778-7008
Highline Water District	(206) 824-0375
Lakehaven Water/Sewer	(253) 941-1516
Midway Sewer District	(206) 824-4960
Puget Sound Energy	(800) 321-4123
SW Suburban Sewer	(206) 244-9575
Water District #54	(206) 878-7210

CALL BEFORE YOU DIG:

Utility Locates	(800) 424-5555
-----------------	----------------

DES MOINES
CITY CURRENTS

Des Moines City Currents
is published by
Colibri Northwest
for the City of Des Moines

 **COLIBRI Northwest**

PUBLISHER

Peter Philips	(206) 284-8285	peter@colibrinw.com
---------------	----------------	---------------------

ADVERTISING SALES

Katie Higgins	(206) 914-4248	katie@colibrinw.com
---------------	----------------	---------------------

EDITOR CITY CURRENTS

Bonnie Wilkins	(206) 870-6519	bwilkins@desmoineswa.gov
----------------	----------------	--------------------------



From the Mayor

It Is Time to Pivot!



By Mayor **Matt Mahoney**

Nine years ago, our City was in peril, we were near bankruptcy, a poor bond rating, other cities were eyeing pieces or parts of us, and we lacked a united vision. We could only dream of our future vision for Des Moines.

Your City Leaders at the time made a difficult and somewhat controversial decision and hired our current City Manager, Michael Matthias.

His experience, partnership and expertise in accord with strong Council support generated many corrective actions. Unfortunately staff had to be furloughed to cover financial gaps, improper use of City resources was stopped, public safety was made a priority, revenue channels were rethought, and departments were aligned to eliminate duplication and shared services. A top-notch leadership staff was developed to drive this City forward. Our City leadership executed our City's vision of leveraging our best assets, such as our waterfronts and other key components in our City, to maximize the potential growth, development, viability, and livability we all want to see our City realize.

Michael's strong leadership helped us build a reserve in our General Fund Balance, improve our Bond Rating, develop our business park, pave roads, prioritize our police and institute improvements to our Marina Bulkhead, Redondo Boardwalk and park space. Most importantly we set the stage for the ability to

address the waterfront development and subsequent amenities both at the Marina and Redondo. We instituted Pilot Ferry Service, which we intend to continue. We all knew these major components would be the cornerstone that would bring value to our community, interest in investment and development along with connectivity and future progress throughout our town. Our efforts in regards to innovation and sustainability were recently acknowledged at the Washington City Manager's Association who bestowed on our City the 2023 Innovation in Local Government Award, focusing on sustainability; the only award of this kind given out this year in the State of Washington.

Now with a \$26 million bond approved and major improvements across the City, the more than half a century of meandering is over, and our journey has begun. Over these years our City has benefited from Mr. Matthias' leadership, and we should be grateful for what he has brought forth to this community.

This has not been an easy task for Michael. He has endured unfair criticism, along with dealing with unprecedented obstacles like COVID. I can attest that Michael and his team worked tirelessly every day and it was common to see him working late hours, weekends and during vacations. With 33,000 voices to

—continued on page 6



SALTWATER ANIMAL HOSPITAL

Veterinary Services for Dogs, Cats & Exotics

At our new state-of-the-art full service animal hospital, we provide expert veterinary care to keep your furry friends happy & healthy.

Open Monday - Saturday

Scan the QR Code to book an appointment online or learn more about all our services!



Wellness & Preventive Care



Dental Care



Surgery



Accepting new clients!



22014 7th Ave S Suite 100, Des Moines, WA 98198

CALL US TODAY: 206-580-4640

PAPER DELIGHTS



Delightful cards and gifts
for everyone on your list!

901 SW 152nd Street
Barien, Washington

open everyday 11am - 4pm

From The Mayor, *continued*

listen to, represent, and find consensus is a tall order by itself but to then formulate plans, bring forth vision and progress to our City, and somehow find community approval is a remarkable achievement. Mr. Matthias has done so over and over. He was recognized by his peers, receiving the Washington City Manager's Association Award for Excellence as a City Manager in 2019.

But now is the time to Pivot! What is a Pivot you may ask? A pivot is a change in strategy without a change in vision! Mr. Matthias is nearing completion of the tasks my current and former colleagues had set before him to execute and while we are appreciative, we are also at a new chapter in our City.

Your Council has asked Michael to pivot from his City Manager role in order to take on a new challenge. He has been tasked with leading our Economic Growth, with an emphasis on Marina redevelopment, in concurrence with development in our downtown, Pacific Highway and Business Park, to include the recent zoning of an Innovation District south of 216th. Michael will provide this pivot, guide us through challenges and assist in the transition of new leadership until the end of June 2024.

During this time, the City Council voted to appoint Tim George our Interim City Manager until Council begins a search for a permanent City Manager. Tim is currently the City Attorney and has been with the City for over 15 years. During that time he has built solid relationships with staff at all levels, as well as the Council. He has strong ties to the Community, he got his AA at Highline College before attending UW and then going on to law school. Before having kids of his own, he was a volunteer soccer coach for Des Moines Parks and Rec and he is a past President of the Des Moines Rotary Club.

Council will look for someone who can provide us with leadership for the exciting next chapter of this vibrant city.

Council will be given the task to find someone who can continue to provide the services our community depend on (like Senior Services, Parks, and your Public Safety) yet ensure the new growth and vision we all share continues to be executed.

This action allows the City to continue to build on Mr. Matthias' strengths and educational background and is simply a realization by all of us, including Michael, that a "pivot" is needed with fresh eyes and ears toward our future.

It is a genuine statement I make, when I thank and appreciate a leader who has accomplished so much in this City but is humble enough to see that its next leader is provided a smooth transition. Michael, his team, and members of the Council have added immense value to this City for future decades to come. Only those who have been involved throughout this process know the challenging work it took to get here. But the benefits will be shared by all of us, our children and those who join our community in the future, and that will be all the thanks any of us need. Michael and his leadership team have made Des Moines a better place. We all should be extremely grateful by acknowledging Michael's accomplishments as we make this transition.

When I took my first oath, I knew this day would come during my time serving this community. I knew it would be a heavy lift and one that would bring controversy, and my colleagues did as well. Now we must "pivot" Des Moines and move ahead and focus on our bright future.

I ask each of you to embrace this change and support your leadership as we continue to serve this community and strive to improve the quality of life in this City and explore new ways to make this City the best place to live! The best place to live for everyone!!

—Matt Mahoney, Mayor

Edward Jones®

> [edwardjones.com](https://www.edwardjones.com) | Member SIPC

Compare our CD Rates, Bank-issued, FDIC-insured

3-Month

5.30 %
APY*

6-Month

5.45 %
APY*

1-Year

5.55 %
APY*

Call or visit your local financial advisor today.



Doug Myers, CFP®, Financial Advisor

22211 Marine View Dr S, Des Moines, WA 98198

206-824-3096

*Annual Percentage Yield (APY) effective 10/30/23. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

FDI-1867M-A 20351982



Pssst. Hey grandparents: Swim passes make great gifts

Santa is already thinking about next summer

Be ready for outdoor water fun next summer when you **sign kids up for swim lessons this winter.**

Don't wait. **Enjoy the fun all vacation long next summer.**

Either way, the gift of **swim lessons opens up huge academic, recreational and eventual career choices.**

Swimming is a low-impact exercise that can **keep kids physically healthy for the rest of their lives.** And adults, remember **it's never too late to learn to swim.**

Winter registration for current students begins Nov. 28. Sign-ups for new students starts Dec. 16.



Scan the QR code to link to our swim lesson registration page

KEEP ON TOP of all the Mount Rainier Pool news regarding lesson registrations and pool events by signing up for our on-line notifications.



Scan the QR code to link to our notifications page



Mount Rainier Pool
22722 19th Ave S
Des Moines
206.824.4722
www.MtRainierPool.com

Council Highlights

CITY COUNCIL HIGHLIGHTS: SEPTEMBER–OCTOBER ORDINANCE 1775–1776, RESOLUTION 1461–1464

Approved the Following Action:

- National Preparedness Month Proclamation
- Childhood Cancer Awareness Month Proclamation
- Joint Minor Home Repair Program, Interlocal Agreement
- Human Services Advisory Committee Appointment, Lin Cashman
- National Recovery Month Proclamation
- Surplus Property, Vehicles, Resolution No. 1461
- Redondo Fishing Pier and Restroom Grant Acceptance
- September 4-8, 2023, Construction Suicide Prevention Week Proclamation
- Budget Retreat
- Domestic Violence Awareness Month Proclamation
- Suicide Prevention Month Proclamation
- Set a Date for Public Hearing, Street Vacation: 18th Avenue S, Resolution No. 1462
- Solid Waste Rate Restructure Contract Amendment
- 2024-2029 Capital Improvements Plan, Resolution No. 1463
- 2023-2025 Recycling Program Funding

DES MOINES CITY COUNCIL



Matt Mahoney
Mayor



Traci Buxton
Deputy Mayor



Gene Achziger
Councilmember



JC Harris
Councilmember



Jeremy Nutting
Councilmember



Vic Pennington
Councilmember



Harry Steinmetz
Councilmember

**City Council meets
1st, 2nd and 4th
Thursdays of the
month at 6:00pm**

Subject to change

- Normandy Park Municipal Court Services Interlocal Agreement
- Hearing Examiner Appointment, Law Offices of Alex Sidles PLLC
- 2024-2025 On-Call Consultant Agreements for Civil Engineering Services
- Blueberry Lane III Modified Short Subdivision, Final Plat
- Set a Date for Public Hearing, Vacation of Right-of-Way Known as 10th Avenue South, Resolution No. 1464
- North Hill Elementary Walkway Improvements Project
- Marina, Beach Park and Redondo Paid Parking Replacement Equipment

Held the Following Public Hearings:

- Proposed Land Use and Text Code Amendments for the Business Park Moratorium Area and Adopting Findings of Fact, Ordinance No. 1775
- 2024 Preliminary Annual Budget, First Reading
- Street Vacation of Public Road Easements within City of Des Moines, Known as 18th Avenue South. Ordinance No. 1776

**GEHRKEBAKER
DOULL & KELLY**
ATTORNEYS AT LAW

PROUD MEMBER OF THE DES MOINES COMMUNITY

ONE BLOCK WEST OF MARINE VIEW DRIVE
IN THE HEART OF THE MARINA DISTRICT

REMOTE CONSULTATIONS AVAILABLE

22030 7TH AVE S, SUITE 202
DES MOINES, WA 98198
(206) 878-4100

**VISIT US ON THE WEB
WWW.GEHRKELAWOFFICES.COM**

HIGHLINE
COLLEGE



CAREER READY

With more than 100 degrees and certificates in high-demand career fields, including seven applied bachelor's degrees, choose a career path that's right for you. Explore Highline College today, where open access and opportunity have been hallmarks since 1961.

Enroll today at highline.edu

WINTER QUARTER STARTS JANUARY 8



SCAN to learn more!

Housing Repair Assistance Program

The City of Des Moines is once again providing minor home repair services to City resident homeowners who have “extremely low” to “low” incomes based on U.S. Department of Housing and Urban Development (HUD) income guidelines. This is done by providing free repair services to improve the health and safety of our residents as they live in their homes. Funding for this program is provided by a Community Development Block Grant through King County. Services provided include but are not limited to:

Electrical – faulty lights, switches, plugs, circuits or exhaust fans

Plumbing – faulty toilets, clogged drains, leaking faucets, faulty water heaters

Disability Aids – installation of grab bars, hand rails, hand held showerheads, bath seats, high toilets, access ramps and application of non-skid surfaces

Safety – installation of smoke alarms, security/safety lights, carbon monoxide alarms and locksets

Other – faulty furnaces, faulty gutters and roof leaks, broken window glass panes

How do I qualify for these free services?

1. Be an owner/occupant within the Des Moines city limits for at least one year with no intention of selling in the next 12 months, have proof of home owner’s insurance, and meet the HUD income guidelines for the program.
2. Complete the application process

How do I apply?

To apply for this program please follow these directions:

1. Request an application by email at thickey@desmoineswa.gov or by calling (206) 870-6535
2. Once your application is processed and evaluated you will receive a phone call informing you of your acceptance or non-eligibility for our program. Upon acceptance your job will be referred to one of our contractors who will call you to make an appointment to perform those services. Services that are required for your health and/or safety are the highest priority.



2024 MARKS A SIGNIFICANT MILESTONE FOR US



YEARS OF CARING

With your help, we’ve built community since 1999 by fostering a sense of ownership and responsibility amongst citizens of Des Moines. We’ve strengthened social cohesion and responded to the needs and aspirations of those who call Des Moines home.

OUR PLEDGE

To continue supporting the arts and art education for all members of our community

To continue improving and creating community and parks and recreation services

To continue promoting interest in and opportunities for charitable giving

To continue being a positive force in providing the tools to assist the changing needs of our community

To continue enhancing services for all ages



Come join us
www.DMLegacy.org

Des Moines Police Department

BASIC COMMUNITY ACADEMY

Wednesday Evenings 6:30pm – 9pm
March 20 – May 8, 2024



The Basic Community Academy is an 8-week program for Des Moines residents and those who work here. Designed to acquaint participants with their police department and gain a better understanding of law enforcement's role in the criminal justice system. Upon completion, we hope that participants have an appreciation for the many challenges facing law enforcement today.

**How to
APPLY**

Due to the sensitive nature of some subjects in the Des Moines Police Community Academy, a criminal history background check **will be conducted** on all individuals applying for attendance.

Apply at www.desmoineswa.gov – registration opens January 8, 2024

Applicants must:

- Be at least 18 years old.
- Be Des Moines residents or work in the City of Des Moines.
- Have no felony or recent misdemeanor convictions.
- Commit to attending all 8 sessions.

The Des Moines Police Department reserves the right to deny attendance to any person if the results of the applicant's background investigation causes concern regarding the safety, legality or advisability of the applicant's attendance.

Space is limited so register early!



For more information contact:

CSO Tonya Seaberry

(206) 870-7619

tseaberry@desmoineswa.gov



The City of Des Moines is updating its **Comprehensive Plan**. Input from residents, recreation groups, property owners, community groups and other stakeholders will **form a broad and public conversation about the city’s growth and development**. It is important the City hears from as many interested people as possible...*that means you!*

- ➔ The Comprehensive Plan describes how Des Moines will continue to provide necessary facilities and services to accommodate job and population growth. The plan also describes the kind of community Des Moines wants to become, as envisioned by those who live, work, recreate and visit the City.
- ➔ **Visit** the project website at <https://imaginedesmoines2044.com> for up-to-date announcements and information!
- ➔ **Email your comments** to compplan@desmoineswa.gov

TAKE THE SURVEY - VISIT

<https://imaginedesmoines2044.com/>

OR SCAN THE QR CODE:



La Ciudad de Des Moines está actualizando su **Plan Integral**. Los aportes de los residentes, grupos de recreación, propietarios, grupos comunitarios y otras partes interesadas **formarán una conversación amplia y pública sobre el crecimiento y desarrollo de la ciudad**. Es importante que la Ciudad escuche a tantas personas interesadas como sea posible ... **¡eso significa tú!**

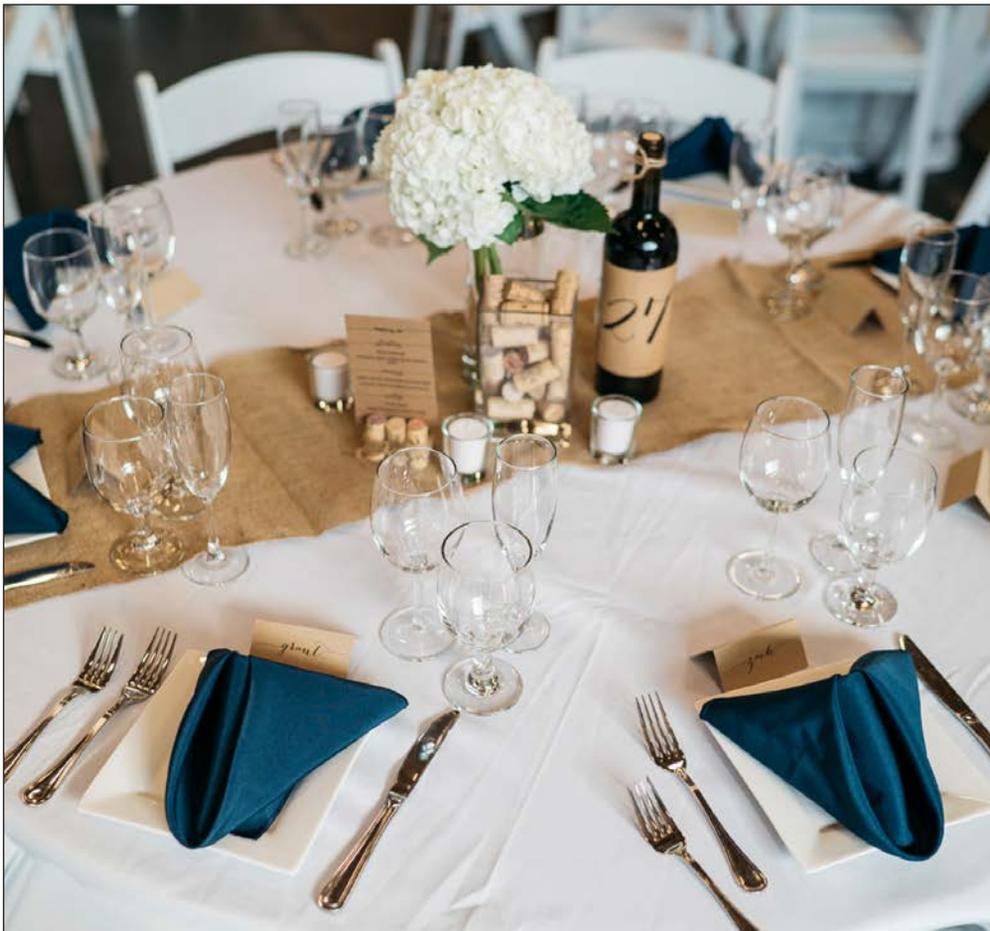
- ➔ El Plan Integral describe cómo Des Moines continuará brindando las instalaciones y los servicios necesarios para acomodar el crecimiento de la población y el empleo. El plan también describe el tipo de comunidad en la que Des Moines quiere convertirse, rodeada por quienes viven, trabajan, se recrean y visitan la ciudad.
- ➔ **¡Visita** el sitio web del proyecto en <https://imaginedesmoines2044.com> para obtener información y anuncios actualizados!
- ➔ **Envía tus comentarios** por correo electrónico a compplan@desmoineswa.gov

TOMA LA ENCUESTA – VISITA

<https://imaginedesmoines2044.com/>

O ESCANE EL CÓDIGO QR





Choose your caterer, DJ, photographer, and more to fit your vision. With our open vendor policy, you can plan your event just the way you wanted.

Your Day. Your Creation.

Contact the City of Des Moines Events and Facilities Department to find out more about planning your next event.

@beachparkeventcenter
beachparkeventcenter.com
206-870-9370

Join us for Games * Prizes * Membership Raffle



SATURDAY • DEC 9 • 1-3PM

CALL-IN OR ONLINE REGISTRATION BEGINS NOV 18

Winter Waterland

HOLIDAY SWIM AT THE POOL



www.MtRainierPool.com • 206.824.4722 • 22722 19th Ave S, Des Moines

Parks & Recreation Programs at a Glance

For Kids

- Tot Time
- Open Gym
- Preschool Art Classes
- School Aged Art Classes
- Club KHAOS Afterschool Care
- Youth Soccer—Spring
- Melanie's Dance Unlimited



For Adults & Teens

- Basket Weaving Classes
- Hiring Basketball Referees & Scorekeepers
- Good Manners—Basic Dog Obedience
- Youth Sports Sponsorships

Family Fun

- Breakfast with Santa
- Holiday Candy Making Class

Contact Us

- Phone: 206-870-6527
- Email: recreation@desmoineswa.gov
- Facebook: [@desmoinesparksandrecreation](https://www.facebook.com/desmoinesparksandrecreation)
- Website: www.desmoineswa.gov/registration
- Field House Address:
1000 S 220th St., Des Moines WA 98198
- Field House Office Hours:
Mon–Thurs 8am–5pm

What You Need To Know

WHERE TO FIND US

Des Moines Field House:

1000 S 220th St
Des Moines, WA 98198

Office Hours:

9am-6pm, M-Th
Subject to Change

Contact:

(206) 870-6527
desmoineswa.gov/registration
recreation@desmoineswa.gov

PHOTO POLICY



Photos of participants in any program or event may be used in future posts or publications or for promotion of City of Des Moines Parks, Recreation, and Senior Services activities.

REGISTER EARLY!



Programs that do not meet registration minimums are subject to cancellation. Participants in programs cancelled for low enrollment will be fully refunded

HOW TO REGISTER

Online, in person, or by phone.
Debit/Credit Card or Check only.



FOLLOW US ON FACEBOOK
[@DesMoinesParksandRecreation](https://www.facebook.com/DesMoinesParksandRecreation)



REFUND POLICY

Refund policy differs depending on type of program, time of year, and program fee schedule. Please visit www.desmoineswa.gov and follow the links through the Parks & Recreation Department, Registration Information, and Refund Policy for more information.

YOUTH ACTIVITIES



Club KHAOS:

Kids Having An Outrageous School Year!

Our energetic and dedicated staff will ease you and your kids into an outrageous school year filled with fun, friendships and enriching experiences to stimulate their imagination, and spark their learning skills. Students will be bussed from Des Moines, Marvista, Midway, North Hill, and Parkside Elementary Schools to the Des Moines Field House, where they will be welcomed into the activities of the afternoon! Participants must be picked up at the Field House before 6 pm or late pickup fees will apply. Pre-Registration is required, 3-5 day options available, you choose the days. Registration opens for upcoming month on the 20th, closes each week Monday at 8 am.

LOCATION: FIELD HOUSE

- Monday-Friday throughout the school year
- Monday-Thursday 3:45-6 pm; Fridays 2:15-6 pm

• No Program Days**:

November 9th (District Initiated Day for Teachers)
November 10th (Veterans Day)
November 20th-22nd (Conferences)
November 23rd-24th (Thanksgiving)
December 25th-January 5th (Winter Break)
January 15th (MLK Day)

• Prices (Resident/Non Resident)

One Time Registration Fee: \$30/\$35
Daily Rate; \$20/\$25
Late Registration Fee: \$25 OR \$1/min. until pick up*

*If an unregistered student arrives at the Field House via bus for Club KHAOS, parents/emergency contacts will be notified immediately by phone and subject to a \$25 late registration fee in addition to the price of registering for the week, OR \$1 per minute until that student is picked up from the Field House.

**Program Dates & Times Subject to Change due to School District Schedules

Preschool Art Classes

Calling all preschoolers for some fun and easy seasonal craft projects! Each project is fully customizable to your child's skill level, parent/guardian supervision will be required. We even built in some "Wiggle Time" during each class to get our sillies out of the way and focus on the craft at hand!

AGES 1-5 WITH ADULT

LOCATION: FIELD HOUSE

DAY	DATES	TIME	COST
Wed	Jan 10, 17, 24, 31	10-11am	\$42R, \$47NR
Wed	Feb 14, 21, 28, Mar 6	10-11am	\$42R, \$47NR

School Aged Art Classes

For grades Kinder-5th. Join us for a fun and engaging arts and craft program! This class is designed to give your child a chance to sample different art mediums, while exploring a variety of seasonal themes. As an added bonus, participants will have a new piece of art to take home and display after each class.

GRADES K-5

LOCATION: FIELD HOUSE

DAY	DATES	TIME	COST
Tues	Jan 9, 16, 23, 30	5:30-6:30pm	\$48R, \$53NR
Mon	Jan 8, 22, 29, Feb 5	11am-12pm	\$48R, \$53NR
Tues	Feb 13, 20, 27, Mar 5	5:30-6:30pm	\$48R, \$53NR



Play-Well TEKologies Lego STEM Camp

Bundle up, we're creating a spectacular Winter Wonderland! Build bobsleds, design snowmobiles, and take a ride on the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor.

LOCATION: FIELD HOUSE

DATES	TIME	AGES	COST
Jan 2-5	9am-12pm	6-10	\$145



NOW HIRING: BASKETBALL REFEREES & SCOREKEEPERS

- Saturday mornings & afternoons
- Youth recreational league
- Job training provided

**TO APPLY, VISIT:
WWW.DESMOINESWA.GOV
AND CLICK "NOW HIRING"**



VOLUNTEER COACHES NEEDED

Can you make a difference in the life of a young athlete? The answer is YES!



Join us in making our Youth Sports Leagues a meaningful experience for all. If you are interested in coaching, contact us for more info!

You Have WHAT IT TAKES

- 2-4 hours per week during the season
- All supplies, schedules, facilities, and practice curriculum are provided
- There is one mandatory informational Coaches Meeting per season
- Practice schedules are flexible, we work with you and your team to find a time that is good for everyone
- We focus on player growth as a whole, on and off the field or court!

Call the Field House for more information: 206-870-6527

YOUTH ACTIVITIES



Melanie's Dance Unlimited

Join us to learn the art of dance in a positive, structured, and inspiring environment. Our teachers have a rare combination of professional performing careers and college educations in dance that bring our classes to life! Classes take place at the Field House Gym, Melanie's Dance Unlimited's highly qualified instructors vary based on class subject and availability. For pricing, program information and online registration, visit www.melaniesdancers.com.

LOCATION: FIELD HOUSE GYM

DAY	TIME	CLASS	AGES
Tues	4:30-5pm	Tumbling Tots!	2-4
Tues	5-5:45pm	Preschool COMBO - Ballet/Tap/Jazz	3-5
Tues	5:45-6:30pm	Kids COMBO Dance 1 - Ballet/Tap/Jazz	5-7
Tues	6:30-7:15pm	Kids Circus Acrobatics 1	5-10

Indoor Tot Time

Keep your little ones active with age-appropriate exercise and play! We will have fun tumbling mats, ride-on toys, and age-appropriate sports equipment available on-hand. Join in the fun and watch them make new friends along the way.

AGES 1-5

LOCATION: FIELD HOUSE GYM

DAY	TIME	COST
Tues & Thurs	10am-12pm	\$3 drop in, \$25 for 10-visit punch



Open Gym

This drop-in program will remain open during Youth Basketball season, take note of the slightly different time frame! Keep your skills sharp by putting in some extra hours on the court with your parent, or setting up a pickup game with your friends. ***This time is designated for open gym use by individuals and their parents/guardians, not as extra practice time for teams or groups***

AGES 5-17 WITH ADULT GUARDIAN

LOCATION: FIELD HOUSE GYM

DAY	TIME	COST
Mon	4:30-6pm	\$3 drop in, \$25 for 10-visit punch

Youth Soccer—Spring

Run drills, build skills, and learn how to be a team player in our Youth Recreation Leagues! Volunteer Coaches lead teams in instructional practices and games to hone your young soccer player's skills. Practice and game schedules will depend on field and coach availability. Practices will generally be one hour per week on a weekday evening between 4 and 7pm, and games will be Saturdays for one hour between 9am and 4pm. If you have a specific scheduling conflict, please submit a note with your registration and we will do our best to match you with a team that fits your schedule!

Registration Open from: December 1st-March 1st

First Week of Practice: April 1st

*First Games: April 12th • Last Games: June 8th**

\$85R / \$95 NR

**could vary based on cancelled or rescheduled games throughout the season*

YOUTH SPORTS SPONSORSHIP

Your Business can sponsor a youth sports team for the children of Des Moines.

Sponsorships Include:

- Logo on team jerseys
- Promotion on DMPRSS socials
- Team Sponsorship Plaque

SCAN THE QR CODE OR CONTACT US FOR MORE INFORMATION:

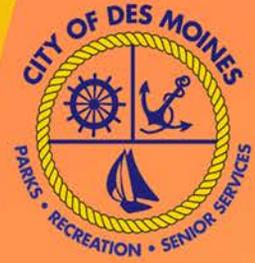
206-870-6527

recreation@desmoineswa.gov



COMING

SOON



Youth Racket Sports Clinic

Instruction from
Highline College
Women's Tennis Team

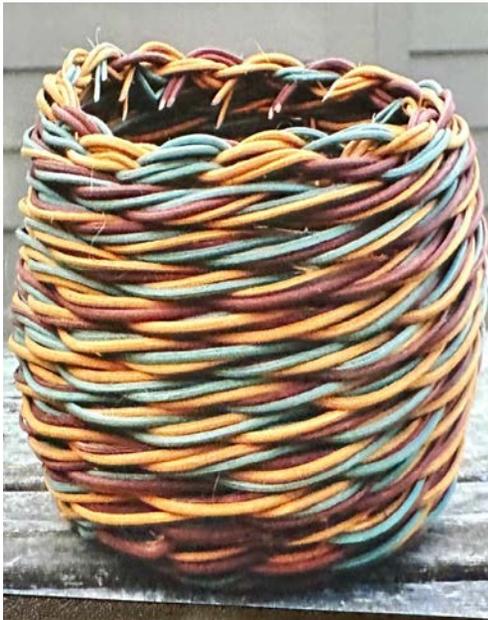
Feb 17th, 2024
Details & Registration
TBA



www.highlineathletics.com

www.desmoineswa.gov/daysmart

ADULT ENRICHMENT



Twine Bowl Basket Weaving

Join us for a fun session and learn to weave a colorful twine bowl using vine rattan and sea grass. The simple twine weaving method is perfect for beginners, but you'll also have an option to make it a bit more challenging if you'd like to learn a double or triple twine technique. No experience needed.

AGES 16 AND UP
LOCATION: ACTIVITY CENTER

DAY	DATE
Sat	Feb 10
TIME	COST
11am-3pm	\$50R, \$55NR



Shaker Basket Weaving

Calling all basket weavers (no experience needed!). Join us for a fun session and learn to weave a Shaker Basket made with flat reed and sea grass. These baskets are great for displaying dried flowers or holding other lightweight items. This class is fun, easy and open to all levels of basket weaving experience.

AGES 16 AND UP
LOCATION: ACTIVITY CENTER

DAY	DATE
Sat	Mar 9
TIME	COST
11am-3pm	\$50R, \$55NR



Good Manners - Basic Dog Obedience

Learn how to be a "Kind, Calm, Confident Pack Leader" and enjoy life with your puppy or dog by learning basic obedience and good manners. We focus on having a positive, fun relationship with your furry family member, training them how to sit, stay, walk nicely on leash, and come when called, among other commands. We also discuss good manners to help with barking, chewing, jumping up, etc. Please join us, we are happy to help you and your doggo! Jan Magnuson - owner of Sunstar Dog Training and retired DMPD Animal Care and Control Officer.

LOCATION: FIELD HOUSE

SESSIONS
Wednesdays, 6-7pm Jan 3, 10, 17, 24 \$95R, \$105NR
Wednesdays, 6-7pm Feb 7, 14, 21, 28 \$95R, \$105NR
Wednesdays, 6-7pm Mar 6, 13, 20, 27 \$95R, \$105NR
Wednesdays, 6-7pm Apr 3, 10, 17, 24 \$95R, \$105NR



LEARN TO COMMUNICATE SO YOUR CHILD WILL LISTEN

Empowered Parenting supports parents through:

- one-on-one coaching,
- workshops, and
- online membership

To learn more schedule your free Discovery Call with Kristina at <https://calendly.com/kristina-04/discoverycall>
Kristina Saelee, BSW, Parent Coach
www.empoweredparenting.family
kristina@empoweredparenting.family
206-841-7871



Empowered Parenting

We also offer Individual Training opportunities, a 90-minute class with Jan specifically tailored to your family and your pet's needs. More information and how to schedule those available at www.sunstardogtraining.com.

We will not be holding group good manners class in December 2023, classes will resume in January 2024. Individual classes can still be scheduled in December, subject to instructor and Field House availability.

SPECIAL EVENTS



Breakfast with Santa

Join us for holiday activities, a delicious breakfast, photos with our special guest from the North Pole, and a chance to discuss your wish list with Santa himself! All children must be accompanied by an adult with a purchased adult ticket. This year we're offering a separate time for Santa Photos only (no breakfast) for a limited number of families! You are welcome to drop in from 1-2pm, pictures will be \$5 per family, card payments only.

LOCATION: DES MOINES ACTIVITY CENTER

DAY	DATE
Sat	Dec 2
TIME	COST
Seating 1: 9-10:15am	\$8 per person, ages 2 and under are FREE
Seating 2: 10:45am-12pm	



Family Holiday Candy Making Workshop

Bring the family to join in the fun, making exquisite holiday creations. Each family will make one chocolate holiday house, one sleigh filled with foiled chocolate packages. Each participant will make chocolate tree ornaments, dipped/decorated Oreos, dipped or frosted & decorated sugar cookies and cocoa spoons. *All supplies are included in Class Fee.*

AGES 5+ (MUST BE ACCOMPANIED BY ADULT)

LOCATION: FIELD HOUSE

DAY	DATE
Wed	Dec 13
TIME	COST
6-8:30pm	\$85 for one child & one adult; \$20 for each additional family member

Valentine's Candy Class

Delight and impress your Valentines with the sweets you create in this class! Mold chocolate, vanilla and mint hearts to fill a chocolate lidded heart box; make fondant-filled heart shaped bon-bons (chocolates) to fill a candy box for gifting; learn and try your hand at creating beautifully decorated heart sugar cookies by dipping them in chocolate and vanilla candy; and choose to either dip and decorate Valentine themed Oreo cookies or to mold a variety of chocolate heart suckers. If time allows, participants can make both. Class participants take home the items they have made in class and a folder with complete recipes and instructions.

AGES 17+

DAY	DATE
Thurs	Feb 8
TIME	COST
6-8:30pm	\$85

Zenith Holland Nursery and Gifts

Open Daily 9am-7pm

DES MOINES
23260 Marine View Dr. S

YOU'LL LOVE
Coming Home!
BOULEVARD PARK PLACE
ACTIVE RETIREMENT LIVING

FREEDOM
to live on your own

COMPANIONSHIP
with active Seniors

SECURITY
24/7 live-in managers

206.243.0300
boulevardparkplace.com
2805 S 125th St
Burien, WA 98168

TOURS 7 DAYS A WEEK!

COFFEE

With A Cop **Winter Schedule**

Wednesday, December 20th 11am - 12pm
Safeway 214th and Pacific Hwy South

Thursday, January 11th 10am - 11am
Judson Park Retirement Community

Tuesday, January 30th 11:30am-12:30pm
Des Moines Activity Center

Saturday, February 3rd 11am - 12:30pm
Marina Mercantile



SOUTH KING FIRE PRESENTS



SANTA PARADES & CANNED FOOD DRIVE

DEC 4TH & 5TH IN DES MOINES
DEC 11TH, 12TH, 18TH & 19TH
IN FEDERAL WAY

5:30 P.M. - 8:30 P.M.

NON-PERISHABLE FOOD DONATIONS




Des Moines

Burning Boat Festival

Des Moines Beach Park
New Years Eve 6pm - 9pm

Donate, Buy Tickets, Sponsor at
GiveButter.com/Burn23

A benefit for children experiencing homeless in the Highline School District through the Highline Schools Foundation

Come drop your New Year's message into the boat then watch it burn at 9 o'clock.

s'mores live entertainment food trucks vendors
hot chocolate bar beer garden photo booth DJ

WE'RE HIRING!



Facility Attendants and Lead positions available!

WWW.BEACHPARKEVENTCENTER.COM





Hands-On Lessons for Students at Stormfest 2023

From June 6 – 8, 2023, over 1200 6th graders from Highline Public Schools attended StormFest at Des Moines Beach Park. StormFest is an annual field-based stormwater education event for all Highline Public Schools 6th grade students. At the outdoor event, students learn about their local watershed, sources of pollution, and engineering solutions to prevent stormwater pollution. Each day, students from different middle schools rotated through five hands-on lessons about stormwater and water quality taught by community volunteers, bilingual station educators, and environmental professionals.



“It’s really working for the kids,” Pacific Middle School science teacher A.J. LeCompte said. “StormFest brought what we couldn’t do in the classroom.”

The event is put on by the StormFest Committee, which includes partners from Burien, SeaTac, Des Moines, King County, Normandy Park, the Environmental Science Center, EnviroIssues, and Highline Public Schools.

To learn about volunteer opportunities for the 2024 event email Michael Posey at mposey@desmoineswa.gov



Programs, Activities and Services at The Des Moines Activity Center



Des Moines Activity Center
2045 S 216th Street
Des Moines, WA 98198

Main: (206) 878-1642

DMAC Office Hours

Monday–Thursday: 9am–3pm
By Phone on Fridays

Closures

- **Wednesday, November 22, Thursday, November 23 & Friday, November 24 – Thanksgiving Holiday**
- **Monday, December 25 & Tuesday, December 26 – Christmas Holiday**
- **Monday, January 1, 2024 – New Year's Day**
- **Monday, January 15, 2024 – Martin Luther King's Birthday**
- **Monday, February 19, 2024 – President's Day**

During periods of inclement weather, we reserve the right to cancel trips and activities. For more information, to schedule an appointment or to register for a trip or class please call the Des Moines Activity Center (206) 878-1642. You may also email us at seniors@desmoineswa.gov.



Additional information can be found on our Facebook page, [Facebook.com/DesMoinesActivityCenter](https://www.facebook.com/DesMoinesActivityCenter) and City of Des Moines webpage at www.desmoineswa.gov/senior

Shuttle Service from Normandy Park

Normandy Park Residents - registered to any of our outings and field trips? The Des Moines Activity Center offers convenient shuttle ride from Normandy Park City Hall to our Center. Call (206) 878-1642 to reserve a seat. Shuttle available by advance notice.

Refund/Cancellation Policies

Cancellations for any fee must be made at least three (3) business days prior to the start of the trip or class for full refund. Program fees will be nonrefundable to registrants if canceled less than three (3) days prior to the start of the trip or class. During periods of inclement weather, we reserve the right to cancel trips. Please listen for the Highline School District report as we operation alongside school closures and delays.

****All sales final, no refunds on advance ticket purchases.**

What's Happening! Senior Community Events

Birthdays, anniversaries or milestones with the Des Moines Activity Center!

Join us as we celebrate your special day with cake!

Every 1st Thursday of the month

Time: 12 pm

Thanksgiving Lunch

Join us for a traditional Thanksgiving meal complete with all the fixings. Call the DMAC to reserve your seat.

Tuesday, November 21

Time: 12 pm, dining room opens at 9 am

A Full Week of Holiday Fun!

We'll have a fun, holiday-themed week ahead. Wear your holiday colors.

Monday, December 4 – Hot Chocolate Bar

Tuesday, December 5 – Hot Apple Cider Bar

Wednesday, December 6 – Holiday Sweater Day

Thursday, December 7 – Popcorn and a holiday movie

Holiday Lunch

Join us in cheer over a holiday meal. Call the DMAC to reserve your seat.

Thursday, December 21

Time: 12 pm, dining room opens at 9 am

Pajama Day!

Wear your pajamas, snuggly robe and cushy slippers!

Wednesday, December 27

Sparkle and Shine NYE!

Wear your fancy sparkles and shine as we glitz and glam our way into the New Year.

Thursday, December 28

Valentine's Day

Wednesday, February 14

Ongoing Activities

Ongoing activities are at no-cost.
Donations are accepted

During periods of inclement weather, we reserve the right to cancel classes and activities. Please listen for the Highline School District report as we operation alongside school closures and delays.

Hand and Foot

Mondays
12 pm – 2 pm

Adult Coloring & Painting Club

Get artistic! Color and work on your art at your leisure and get creative while visiting with friends. Some coloring books, pages and supplies offered for use.

Tuesdays
10 am – 11 am

Kat's Crafting Corner

We'll have a variety of crafting supplies to help you get started from beads, fabrics, stickers and more! Show us your creative side! In loving memory of Kat Kennedy.
Tuesdays beginning in January 2024
10 am – 11 am

American Mahjong

Wednesdays
12 pm – 2 pm

Lunch at the Des Moines Activity Center

Hot lunch Ages 60+

Monday – Thursday, 12pm – 12:30pm.
Dining room opens at 9 am.

Bring a friend and make a new one as we enjoy a nutritious meal in our dining room. Suggested donation per meal; \$4.50. Please see our Facebook page or webpage www.desmoineswa.gov/senior for our current menu.



Out to Lunch

Registration begins Monday, November 27 at 10am.
Ages 50+. Enjoy a no-host lunch at new and old favorite eateries around the Sound. All lunch/dinner outings are considered as walk-ins. May be subject to automatic gratuity charge. \$15 transportation fee.

During periods of inclement weather, we reserve the right to cancel trips. Please listen for the Highline School District report as we operation alongside school closures and delays. Estimate of entrée and/or appetizer, exclusive of drinks and tips. Please review the restaurant menu.

\$ = \$25 and under \$\$ = \$25 to \$40
\$\$\$ = \$40 to \$55 \$\$\$\$ = \$55 and over

Young's Restaurant – Seattle \$ - \$\$

Tuesday, December 5 • Time: 10:30 am – 2 pm
Menu: <https://youngsrestaurantwhitecenter.com/>

Wild Wheat Bakery – Kent \$ - \$\$

Friday, January 12 • Time: 10:30 am – 2 pm
Menu: <https://www.bourbonstreetpuyallup.com/menus>

Farm 12 – Puyallup \$ - \$\$

Tuesday, February 6 • Time: 10:30 am – 2 pm
Menu: <https://www.farm12.org/menus>



Everyday Grace Adult Daycare Home

Are you caregiving for a loved one, but still have to work or take a much needed break?

Our Adult Daycare Home provides your loved one with important socialization and activities while you take care of your needs, preventing caregiver burnout.

We provide half day, full day, or respite to meet your family's needs.

Owners and Providers, John Nation and Kristina Saelee
1017 S 242nd St | Des Moines, Wa 98198
everydaygraceafh@gmail.com | 206-841-7871



Dr. Bae has been recognized as a
“SEATTLE TOP DENTIST” by her peers
in the *Seattle Metropolitan Magazine*



Vivian H Bae DDS
FAMILY DENTAL CARE

PERSONAL, HIGH QUALITY DENTAL CARE

20710 1st Ave S, Des Moines, WA 98198 | 206-878-8180 | www.vivianbaedds.com

Day Trips

***All sales final, no refunds on advance ticket purchases.*

Registration begins Monday, November 27 at 10 am. Explore the Northwest and leave the driving to us!

Age 50+ and travel days vary. Normandy Park senior residents, ask us about shuttle service to any of our day trips!

During periods of inclement weather, we reserve the right to cancel trips. Please listen for the Highline School District report as we operation alongside school closures and delays.

****Christmas Ship, Renton**

Rain or Shine depart from the Hyatt Regency Hotel in Renton and hop aboard the official Christmas Ship™, the Spirit of Seattle™, as we cruise to various waterfront communities. Enjoy an onboard choir performance and sailing with Santa! Please wear warm, comfortable clothing and flat shoes that are not smooth-soled. No outside food or beverages allowed. Food may be purchased onboard.

- *Date: Sunday, December 3*
- *Time: 2:30 pm – 7 pm*
- *Cost: \$75*
- **Activity Level: EASY*

Gingerbread Village at the Sheraton Grand Seattle

Join us this winter for the 29th Annual Sheraton Grand Seattle Gingerbread Village and marvel at the magic of the larger-than-life gingerbread creations.

- *Date: Tuesday, December 12*
- *Time: 10 am – 4 pm*
- *Cost: \$40*
- **Activity Level: EASY, walking and standing involved.*



The Museum of Flight, Seattle

The Museum of Flight is the largest independent, non-profit air and space museum in the world! With over 175 aircraft and spacecraft, tens of thousands of artifacts, millions of rare photographs, and dozens of exhibits and experiences. Bring a bag lunch or dine at any of the museum's food and drink cafes.

- *Date: Tuesday, January 16*
- *Time: 10 am – 3 pm*
- *Cost: \$40*
- **Activity Level: EASY, walking involved.*

Snoqualmie Casino, Snoqualmie

Something for everyone; gaming, dining or entertainment.

- *Date: Tuesday, January 23*
- *Time: 9:30 am – 4 pm*
- *Cost: \$25*
- **Activity Level: EASY, walking involved.*

Burke Museum, Seattle

Located on the University of Washington campus in Seattle The Burke Museum is focused on dinosaurs, fossils, Northwest Native art, plant and animal collections, and cultural pieces from across the globe.

- *Date: Friday, February 2*
- *Time: 9:30 am – 3 pm*
- *Cost: \$30*
- **Activity Level: EASY, walking involved.*



****Northwest Flower & Garden Festival, Seattle**

The Northwest Flower & Garden Festival is the best annual event. With over 20 display gardens, more than 90 free seminars, workshops, and thousands of treasures in the garden marketplace.

- *Date: Friday, February 16*
- *Time: 8:30 am – 4 pm*
- *Cost: \$45*
- **Activity Level: EASY, walking involved.*

Attention History Lovers!

Your Des Moines Historical Society is looking for volunteers to serve as docents or board members.

Interested? Please contact us at info@dmhs.org

NuCor Steel, Seattle

Tour Washington's largest recycler and learn about Nucor, America's leading steelmaker. We'll see the mill in action, smelting pots and how scrap steel is recycled. No host-lunch at Salmon Creek Cafe following tour.

- Date: Friday, February 23
- Time: 9 am - 5 pm
- Cost: \$25
- *Activity Level: STRENUOUS.

Due to the nature of the tour, moderate walking expected with ascending and descending stairways. No canes, wheelchairs or walkers permitted.



Seattle Art Museum, Seattle

The Seattle Art Museum hosts global art collections, temporary installations, and exhibitions from around the world bridging cultures and centuries.

- Date: Friday, March 1
- Time: 9 am - 4 pm
- Cost: \$30
- *Activity Level: EASY, walking involved.

**Woodinville Whiskey Distillery, Woodinville

Awarded "Craft Whiskey of the Year" and "Craft Rye Whiskey of the Year" two years in a row by the American Distilling Institute, we'll tour, taste and learn about the distilling process. No-host brunch at Woodinville Café before the tour.

- Date: Friday, March 8
- Time: 9:45 am - 4 pm
- Cost: \$40
- *Activity Level: MODERATE, standing, walking, up/down stairs involved. Not suitable for wheelchairs or walkers.

DMAC WISH LIST

We are asking for the following items:

- Printer copy paper*
- Coffee and coffee creamer*
- Hot chocolate and apple cider packets*
- Postage stamps*
- Hand soap*
- Disposable coffee cups*

Volunteer Opportunities

The Activity Center could not operate at the level it does without volunteers. We have many opportunities for you to get involved within your community. Lunch provided. For more information, contact (206) 878-1642.

- Kitchen Volunteers
- Dining room set up
- Lunch Hostess
- Special Events Team
- And many more!

Stress Free Technology

Tech Help with King County Library System

Have a tech issue? Bring your portable device over to the Des Moines Senior Center where you'll be connected with our tech-savvy librarian, Beatriz. Kind reminder, we cannot fix computer hardware problems or download software for you, but we are able to show you how to compose an email, download eBooks, use your iPhone or tablet, create Google Docs, and similar techie tasks. Appointment required. Call the Des Moines Activity Center to schedule your 15-minute appointment.

*2nd Wednesday of the month
12 pm - 1 pm*



Kennedy Catholic High School

Open House

Dec. 9 | 10am-Noon

RSVP NOW!

www.kennedyhs.org/openhouse

Health & Social Services All services are at no-cost unless stated.

Caregiver & Grief Support Group

Des Moines Activity Center hosts a twice-monthly caregiver and grief support group led by Cynthia Zink, Grief Recovery Method Specialist. As a supportive, informal group, share with others who are experiencing the same joys and challenges, and who can empathize and offer valuable insights, suggestions and resources. No registration necessary.

Every 2nd and 4th Tuesday of the month

Time: 11 am – 12 pm



Social Worker, Referral Services

No charge, in-person, telehealth and phone appointments. Please call DMAC to schedule your appointment.

Mondays

9:30 am – 10:30 am in-person appointments, by phone or email
10:30 am – 1 pm

Des Moines Elder Law

Get legal guidance and information in the following: Wills, power of attorney, living will, living trust, estate planning, community property agreements, and/or probate. Please call DMAC to schedule your appointment.

3rd Thursdays

Time: 10 am – 11:30 am



Foot Care

Please call DMAC to schedule your appointment.

1st & 3rd Wednesdays

Time: 9 am – 1 pm

Cost: \$35 for a 30-minute appointment

Senior Community Health Screening for Ages 55+

In partnership with POCAAN, free wellness exam. Blood pressure, cholesterol, glucose and nutritional assessment are just some of the services offered. No appointment necessary.

2nd Mondays

Time: 10 am – 1:30 pm

Statewide Health Insurance Benefits Advisors (SHIBA) Services

Have questions or need assistance with Medicare? Please call DMAC to schedule your appointment with Ron Lome, SHIBA volunteer.

3rd Mondays

Time: 10 am – 12:30 pm

Meals on Wheels

If you need additional food support, Meals on Wheels provides nutritious meal delivery at no cost for people ages 60-plus who qualify. The Senior Center operates this program in coordination with Sound Generations. To sign up or to volunteer, visit soundgenerations.org.

GLENDALE

HEATING

AND AIR CONDITIONING

#1 CHOICE FOR DUCTLESS HEAT PUMPS

- FURNACES / AIR CONDITIONING
- SERVICE / INSTALLATION
- HEATING OILS

206.243.7700

PROUD MEMBER OF THE MASTER BUILDERS ASSOCIATION

“Warm and happy customers since 1938”

Health and Fitness

Registration begins Monday, November 27 at 10 am. During periods of inclement weather, we reserve the right to cancel trips. Please listen for the Highline School District report as we operation alongside school closures and delays.

EnhanceFitness

EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility. Wear your sneakers, bring a towel and bottled water. Enhance Fitness class is free to Kaiser Permanente Medicare Advantage members. Check eligibility with your insurance company.

Mondays, 9:30 am – 10:30 am

November 20 - December 11

December 18 - January 29

no class December 25, January 1 and January 15

February 5 - March 4

no class February 19

March 11 - April 1

Cost: \$25/4-week series \$7/drop in fee

Tai Chi

Join instructor John Lindsay in this class that blends exercises for health benefits, longevity and fun. This class is broken down into Introductory Levels and Continuation Levels. The class familiarizes students with the basic movements of Tai Chi and explores the 24-pattern sequence. The emphasis is on the no-impact, relaxed flowing movements, which aid in balance, increased strength and vitality. Wear comfortable, loose clothing.

Tuesdays & Thursdays, 1pm-2pm

December 12 - January 11

no class week of December 25

January 16 - February 8

February 13 - March 7

Cost: \$60, 4 weeks, 8 classes

Zumba

Get moving and have fun with Zumba, a Latin-inspired dance aerobic workout! Perfect for all levels and abilities. Workouts can be modified.

Thursdays, 10:30 am – 11:15 am

January 4 – January 25

February 1 – February 22

February 29 – March 21

Cost: \$50/4-week series

MEDICAL LENDING CLOSET

Need a walker, cane, wheelchair or commode? Call DMAC to find out what we have in stock.

OPEN DURING DMAC OPERATING HOURS

Serve on our Senior Services Advisory Committee!

A community's greatest resource is its citizens. Through Citizen Advisory Boards, the City Council can gain valuable information and insights - and make better decisions. By serving on an advisory board, you can contribute to your community in a meaningful way. Complete the online application at <https://desmoineswa.applicantpro.com/jobs/>. Resume and cover letter are not required but encouraged.



kenner dental group

COSMETIC AND RESTORATIVE DENTISTRY



Accepting New Patients for a Unique Dental Experience

We offer a full line of Cosmetic treatments along with Sedation Dentistry and General Dental care.

No Insurance? Ask about our office Wellness Plan.

206-248-1339

1800 SW 152nd Street, Suite 201
Burien, WA 98166
www.kennerdentalgroup.com

Blueprint for Living

Registration begins Monday, November 27 at 10 am. All classes are at no-cost unless stated.

Caregiver & Grief Support Group

Des Moines Activity Center hosts a twice-monthly caregiver and grief support group led by Cynthia Zink, Grief Recovery Method Specialist. As a supportive, informal group, share with others who are experiencing the same joys and challenges, and who can empathize and offer valuable insights, suggestions and resources. No registration necessary.

Every 2nd & 4th Tuesday of the month
Time: 11 am – 12 pm

One Day Refresher: Senior Self Defense Class

A one-day refresher class for those who have taken the senior self-defense class. Please register.

Thursday, January 25
Time: 10 am – 11:30 am

Coffee with a Cop

Coffee with a Cop brings police officers and the community members they serve together—over coffee—to discuss issues and learn more about each other. No registration necessary, walk-ins welcome.

Tuesday, January 30
Time: 11:30 am – 12:30 pm



Monthly Book Club

In collaboration with King County Library Services, join us as we dive into a new read each month. New members always welcome. Please register.

2nd Wednesday, 1 pm – 2 pm

- December 13 - *Drive Your Plow Over the Bones of the Dead* by Olga Tokarczuk
- January 10 - *Black Cake* by Charmaine Wilkerson
- February 14 - *Killers of A Certain Age* by Deanna Raybourn
- March 13 - *A Fever in the Heartland* Timothy Egan

Writing Circle

Get together with other writers to connect and learn new skills. Bring your paper, pen, or laptop to work on your own work or craft a response to writing prompts. Afterwards, we will have time to share and provide feedback. For writers of all genres and skill levels. Facilitated by your local librarian from the Des Moines Library. No registration necessary, walk-ins welcome.

Thursday, December 14
Time: 10 am – 11:30 am

Educational programming presented by Humana



Registration recommended, walk-in welcome.

January 17 & 18: Habits of Healthy People

The pursuit of happiness is an idea that's important to many people. While there isn't a one-size-fits-all recommendation for achieving happiness, there are some day-to-day habits that optimists tend to have in common.

February 21 & 22: Cooking for One

When you're only cooking for one or two, it's easy to fall into a food rut and wonder if it's even worth the extra effort but don't sell yourself short! Home cooking—no matter the size of your household—is important and many times, the best way to nourish your body with healthy foods.

3rd Wednesday
10 am – 11 am (Spanish)
3rd Thursday
11 am – 12 pm (English)

Self-Defense for Seniors: Must-Know Info About How to Protect Yourself – Programming presented by the City of Des Moines Police Department



Everyone deserves to feel secure. That's why self-defense for seniors is such an important topic. As people age, their bodies tend to get slower and weaker, which can make them vulnerable to attacks by criminals. Fortunately, there are a variety of good tactics that older adults can learn in order to protect themselves. All fitness levels welcome.

* Please be prepared to come to all six class sessions as each day builds on the next. Space is limited, so only register if you can guarantee that time.

Tuesday, Wednesday and Thursday, February 27-29 & March 5-7
Time: 10 am – 11:30 am, (9 hours of training)



Are you interested in starting a BLOCK WATCH or REVIVING your current group?

Please join us for Block Watch 101

Tuesday, January 23, 2024

6:30pm -7:30pm

**Des Moines Police Department - Public Meeting Room
21900 11th Avenue South, Des Moines WA 98198**

This is a great opportunity for neighborhoods looking to start a block watch or revive an old one. We will talk about:

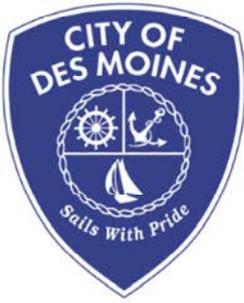
- How and why to set up a block watch group
- Current crime trends

What we know...

- Neighbors who communicate regularly are more willing to watch for suspicious activity.
- People feel more secure knowing that their property is watch by neighbors when they are away.
- People become more educated, in turn, reducing the risk of becoming the victim of a crime
- Block Watch will naturally lead to opportunities to address other issues of concern within your neighborhood.

Please RSVP by January 18, 2024 to:

CSO Tonya Seaberry
(206) 870-7619
tseaberry@desmoineswa.gov



MAKE SURE YOUR HOUSEHOLD MAINTENANCE PRACTICES DON'T RESULT IN AN ILLICIT DISCHARGE

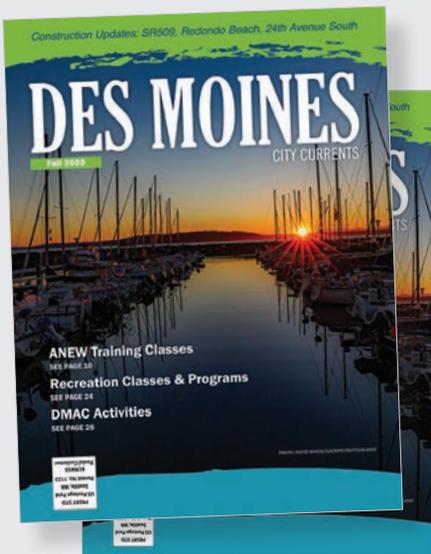


Illicit discharge is any discharge to a municipal storm system that is not solely composed of stormwater. These discharges introduce pollutants into the Puget Sound, degrading water quality and harming aquatic life, making it important for individuals to properly dispose of hazardous materials and keep storm drains free of debris.



- Properly dispose of yard waste to prevent blockages.
- Use non-toxic solutions with pressure washers away from catch basins.
- Choose commercial car washes to prevent wash water from entering the system.
- Drop off hazardous materials at designated collection sites for proper disposal.
- Sweep driveways and sidewalks instead of hosing them down to prevent pollutants from entering the stormwater system.

Contact Michael Posey at 206.870.6565 or mposey@desmoineswa.gov for more information or to report an illegal discharge.



STAY CONNECTED. STAY ENGAGED. STAY VISIBLE.

**Get in front of your customers
as they look to help your
company stay healthy.**

Des Moines residents want to buy local.

Des Moines residents are your customers, and they are eager to help local companies weather the current economic situation.

Make sure they know where to find you.

Print advertising keeps you in front of your customers as the economy opens and they look to source services and products that they've been waiting months for!

**Contact Katie Higgins today
to learn more about how
Des Moines City Currents
can put you in front of the
customers you need to reach.**

**Katie@ColibriNW.com
206-914-4248**



Des Moines City Currents Magazine
is published by COLIBRI Northwest, LLC

www.ColibriNW.com





RETIREMENT PLANNING DONE DIFFERENTLY



Founder/CEO, Financial Advisor Janice Hammond

At Sunrise Financial Services, your first visit is always **100% complimentary** and your second visit includes a free risk tolerance assessment for you and risk evaluation of your current portfolio.

It is our goal to help you **grow, protect, and preserve your wealth**—that is why you won't find cookie cutter plans or portfolios here. We work alongside you to design and refine your written financial plan.



We believe in **enhancing the client experience** above and beyond managing your portfolio. That is why we provide opportunities to hear from industry leading companies, as well as in-house services such as Medicare or referrals to trusted professionals.

Call **(206) 420-8520** or email **office@sunrisefinancial.net** to schedule your complimentary consultation today.

431 SW Ambaum Boulevard - Burien, WA 98166

Phone: 206-420-8520 | Fax: 206-374-2769 | Email: office@sunrisefinancial.net

www.SunriseFinancialServices.net

Securities and advisory services offered through Madison Avenue Securities, LLC, (MAS), Member FINRA/SIPC and a Registered Investment Advisor. MAS and Sunrise Financial Services are not affiliated companies. Investing involves risk, including the potential loss of principal. No investment strategy can guarantee a profit or protect against loss in periods of declining values. None of the information contained on this advertisement shall constitute an offer to sell or solicit any offer to buy a security or any insurance product.